Nurturing ADHD kids

This online 6 week course is free for Birmingham parents and carers of children and young people with ADHD or suspected ADHD

LED BY ADULTS WITH ADHD

Does your child have ADHD or suspected ADHD?

Are you trying to support them but find that everyone gives you different advice?

In this 6 week course, you will

- learn about ADHD
- Understand the effect on our mental health
- Understand the reasons behind behaviours
- Gain confidence in advocating for our children
- Learn new strategies
- Help our kids be confident, resilient and be their best selves

What parents have said about this course

This course is literally game-changing for parents, caregivers, teachers and anyone living with a child (or adult) with ADHD. So much misunderstanding, frustration and worry could be prevented if everyone had access to this amazing resource.

Essential course for any parent of a child with ADHD. It changed the way I see my son and my ability to respond to his needs effectively.

Very informative, friendly, no pressure, enjoyable sessions

Email: contactus@brewseducation.org

Birmingham Resilience Education and Wellbeing Services CIC

CIC Business Registration: 13240865

NEW GROUPS STARTING SOON!

Free online 6 week courses for parents and carers
Each session is 90 minutes

January 2026 courses

Wednesday mornings *10 - 11.30 am*
starting Wednesday 7th January
Register HERE or use QR code

Thursday evenings *7-8.30 pm*
starting Thursday 8th January
Register HERE or use QR code

Registration closes at
5 pm on Friday January 2nd

If you miss the deadline, email us at contactus@brewseducation.org and you can join the next one starting in March

forward carers